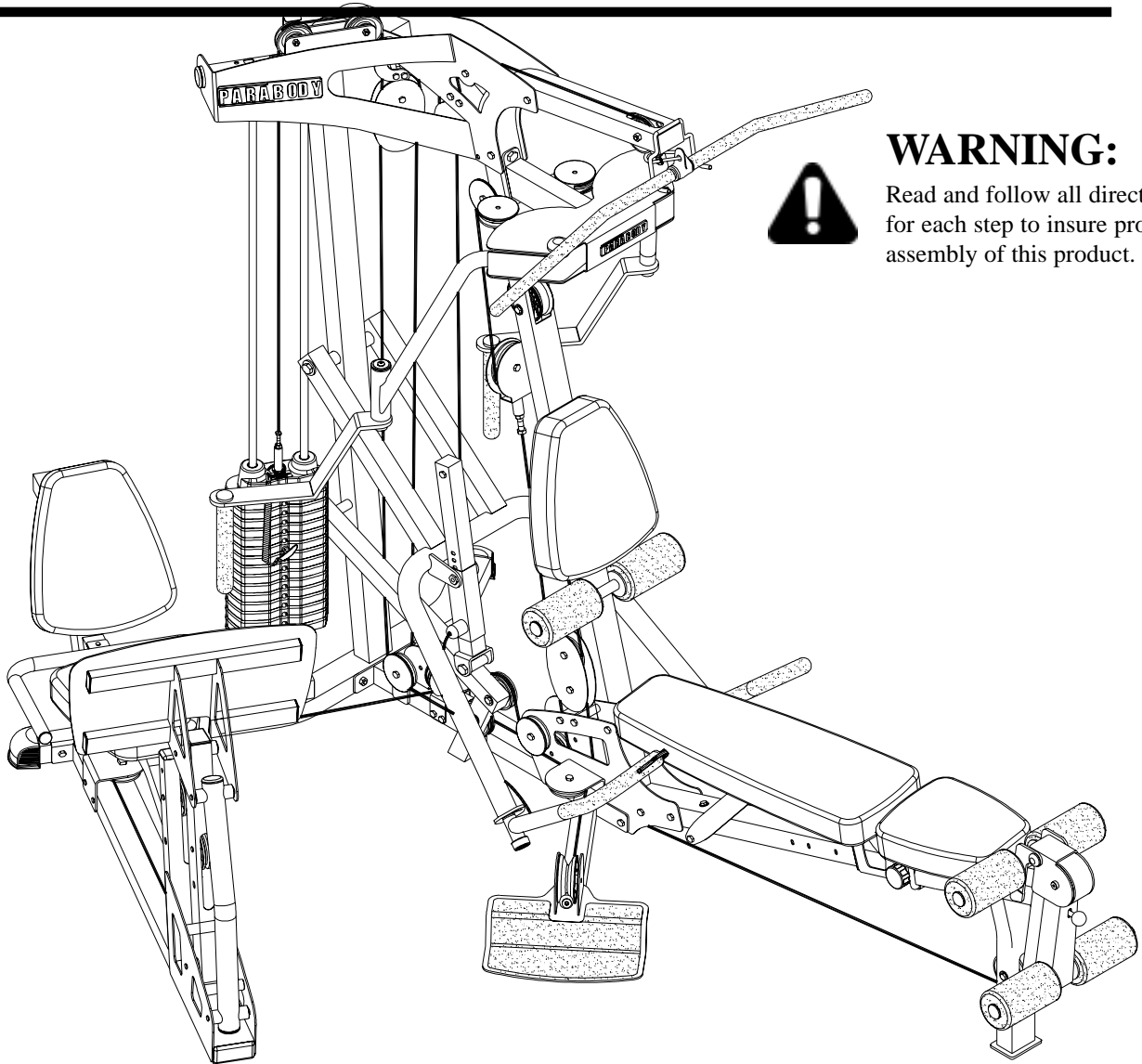


PARABODY®

LEG PRESS ADAPTER KIT FOR GS6 GYM SYSTEM



WARNING:

Read and follow all directions for each step to insure proper assembly of this product.

USER'S GUIDE

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IMPORTANT SAFETY INFORMATION



THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE RISK FOLLOW THESE RULES!

1. Before using, read all the warnings and instructions on the use of this machine. Use only for intended exercise. **DO NOT** modify the machine.
2. Obtain a medical exam before beginning any exercise program.
3. Keep body and clothing free of all moving objects.
4. Inspect the machine before use. **DO NOT** use it if it appears damaged. **DO NOT** attempt to fix a broken or jammed machine. Notify your authorized ParaBody dealer before use and have repairs made by an authorized service technician.
5. Be certain that weight pin is completely inserted. Use only the pin provided by the manufacturer. If unsure, call your authorized ParaBody dealer.
6. Never pin the weights or prop plate into an elevated position. **DO NOT** use the machine if found in this condition. **DO NOT** attempt to fix. Notify your authorized ParaBody dealer.
7. Inspect cables and their connections before using machine. Pay particular attention to the cable ends. **DO NOT** attempt to fix. Notify your authorized ParaBody dealer before use and have repairs made by an authorized service technician.
8. Make sure all spring loaded pull pins are fully engaged in the adjustment position and fully tighten thumbscrew before use.
9. Children must not be allowed near this machine. Supervise teenagers.

NOTE: In a continual effort to improve our products, specifications are subject to change

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IMPORTANT NOTES

Please note:

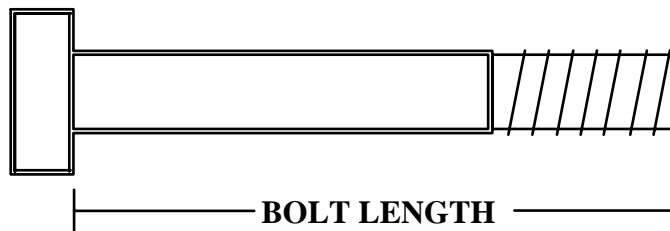
- * Thank you for purchasing the ParaBody GS6 Leg Press Adapter Kit. Please read these instructions thoroughly and keep them for future reference. This product must be assembled on a flat, level surface to assure its proper function.
- * This product must be assembled on a flat, level surface to assure its proper function. DO NOT securely tighten any frame connections until the entire frame has been assembled, unless otherwise stated.

Tools Required for Assembly

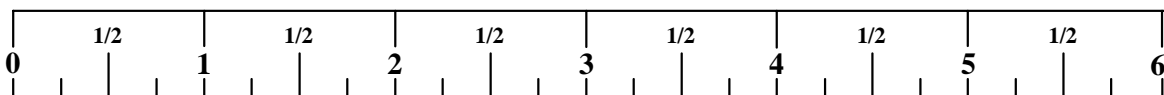
- * 9/16" wrench
- * Ratchet with 9/16" socket
- * Adjustable wrench
- * Tape measure

Bolt Length Ruler

NOTE: BOLT LENGTH IS MEASURED FROM THE UNDERSIDE OF THE HEAD OF THE BOLT.



BOLT LENGTH RULER:

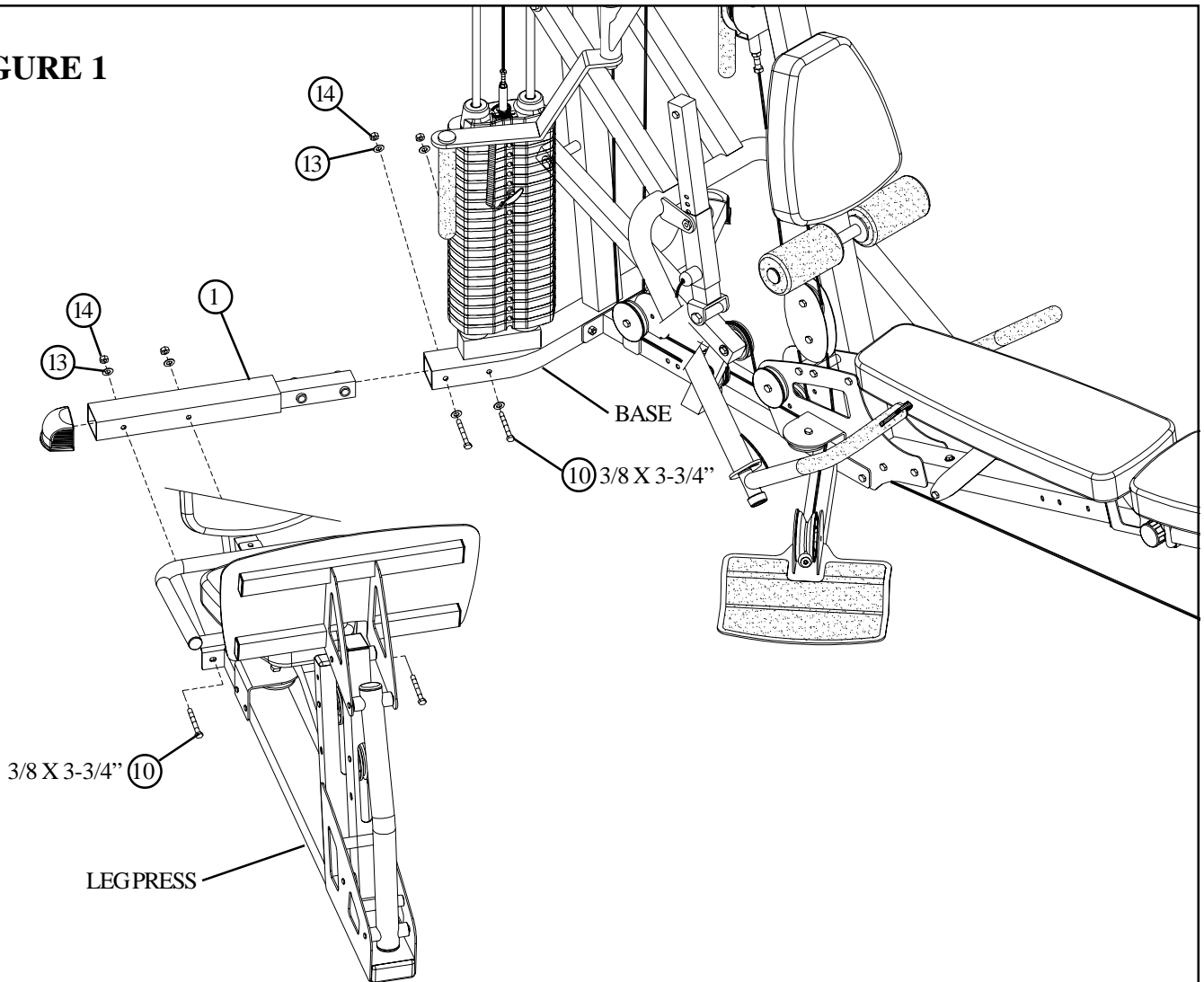


PARTS LIST

KEY	PART #	DESCRIPTION	QTY	KEY	PART #	DESCRIPTION	QTY
1	ACU04-1552	CONNECTING TUBE	1	10	ACUDA1E03833416NB	3/8" X 3-3/4" BOLT	7
2	ACU04-1172	FLOATING PULLEY BRACKET	1	11	ACUDA1E03823416NB	3/8 X 2-3/4" BOLT	1
3	ACU04-1553	PULLEY HOUSING	1	12	ACUDA1E03813416NB	3/8 X 1-3/4" BOLT	4
4	ACU04-1171	PULLEY GUARD	1	13	ACUDC1250100020B	3/8" WASHER	9
5	ACU02-0055	CABLE RETAINER	1	14	ACUDB2E03811000B	3/8" LOCK NUT	16
6	ACU13-0155	LAT CABLE 128-3/4"	1	15	ACU05-0381	5/16 X 15/16" SPACER	1
7	ACU13-0156	LEG PRESS CABLE 160-3/4"	1	16	ACU08-0085	STEP SPACER 19/32"	2
8	ACU06-0024	3-1/2" PULLEY	7	17	ACU08-0079	STEP SPACER 1-11/16"	2
9	ACUDA1E03843416NB	3/8 X 4-3/4" BOLT	4	18	ACU08-0076	STEP SPACER 1-19/32"	2

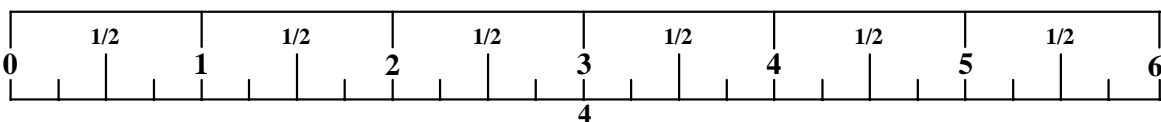
NOTE: The LEG PRESS ATTACHMENT (LP5) must be assembled before connecting it to the PARABODY GS6 GYM SYSTEM

FIGURE 1



STEP 1:

- Remove END CAP from the BASE and insert new CONNECTING TUBE (1) using two 3/8 X 3-3/4" BOLTS (10), four 3/8" WASHERS (13) and two 3/8" LOCK NUTS (14). Re-install endcap.
- SECURELY** assemble the LEG PRESS tot the CONNECTING TUBE (1) using two 3/8 X 3-3/4" BOLTS (10), two 3/8" WASHERS (13) and two 3/8" LOCK NUTS (14) as shown in FIGURE 1.



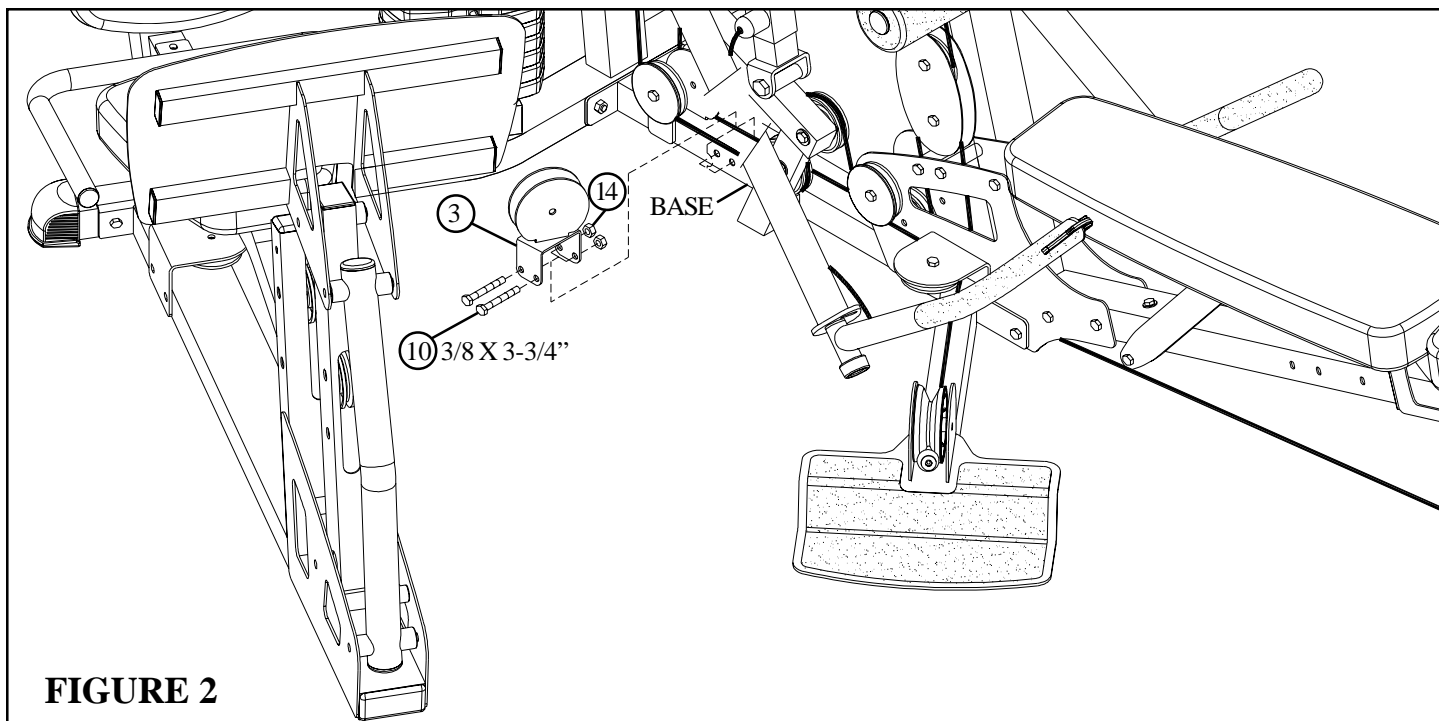


FIGURE 2

STEP 2:

- Install the PULLEY HOUSING (3) to the BASE using two 3/8 X 3-3/4" BOLTS (10) and two 3/8" LOCK NUTS (14) as shown in FIGURE 2

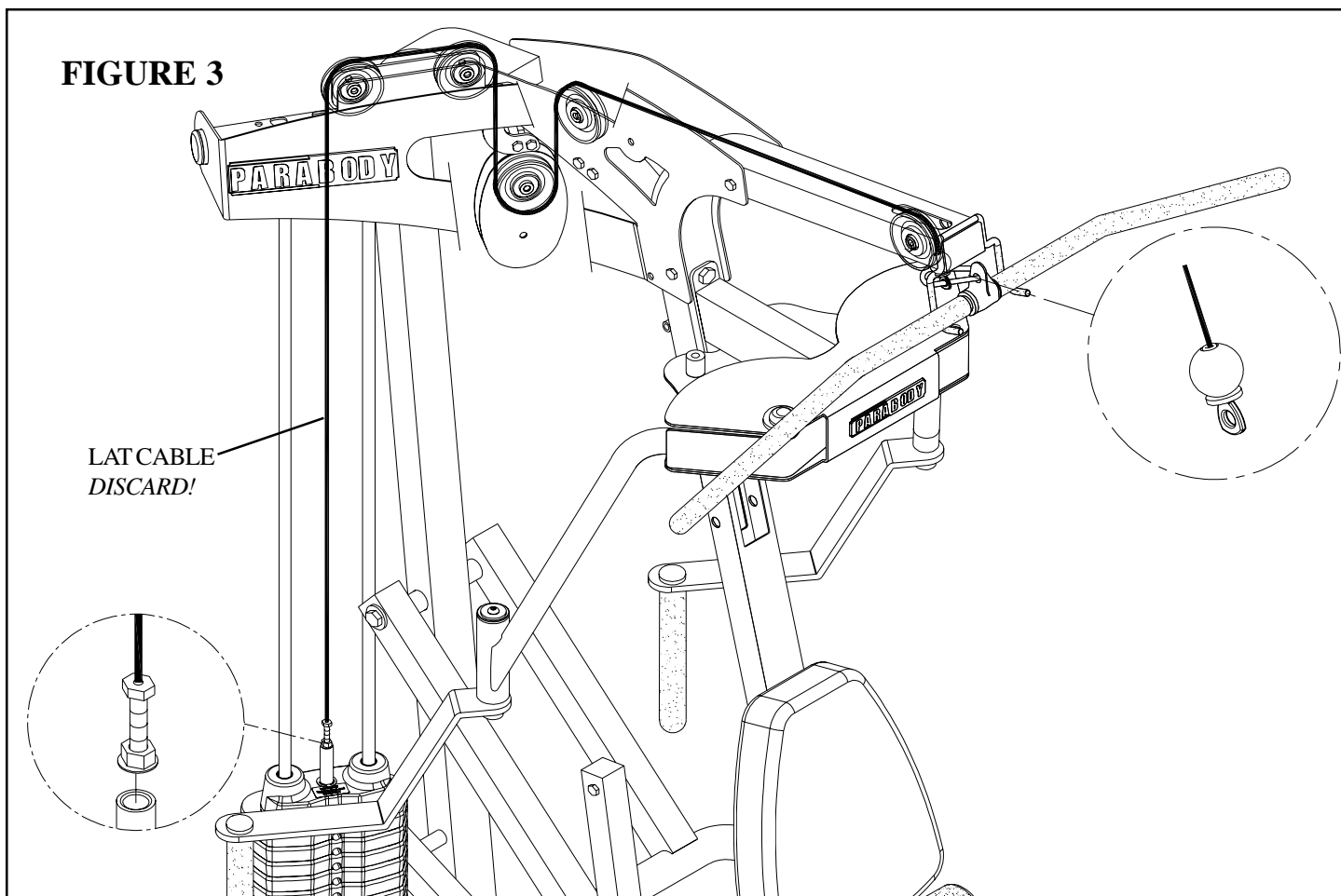
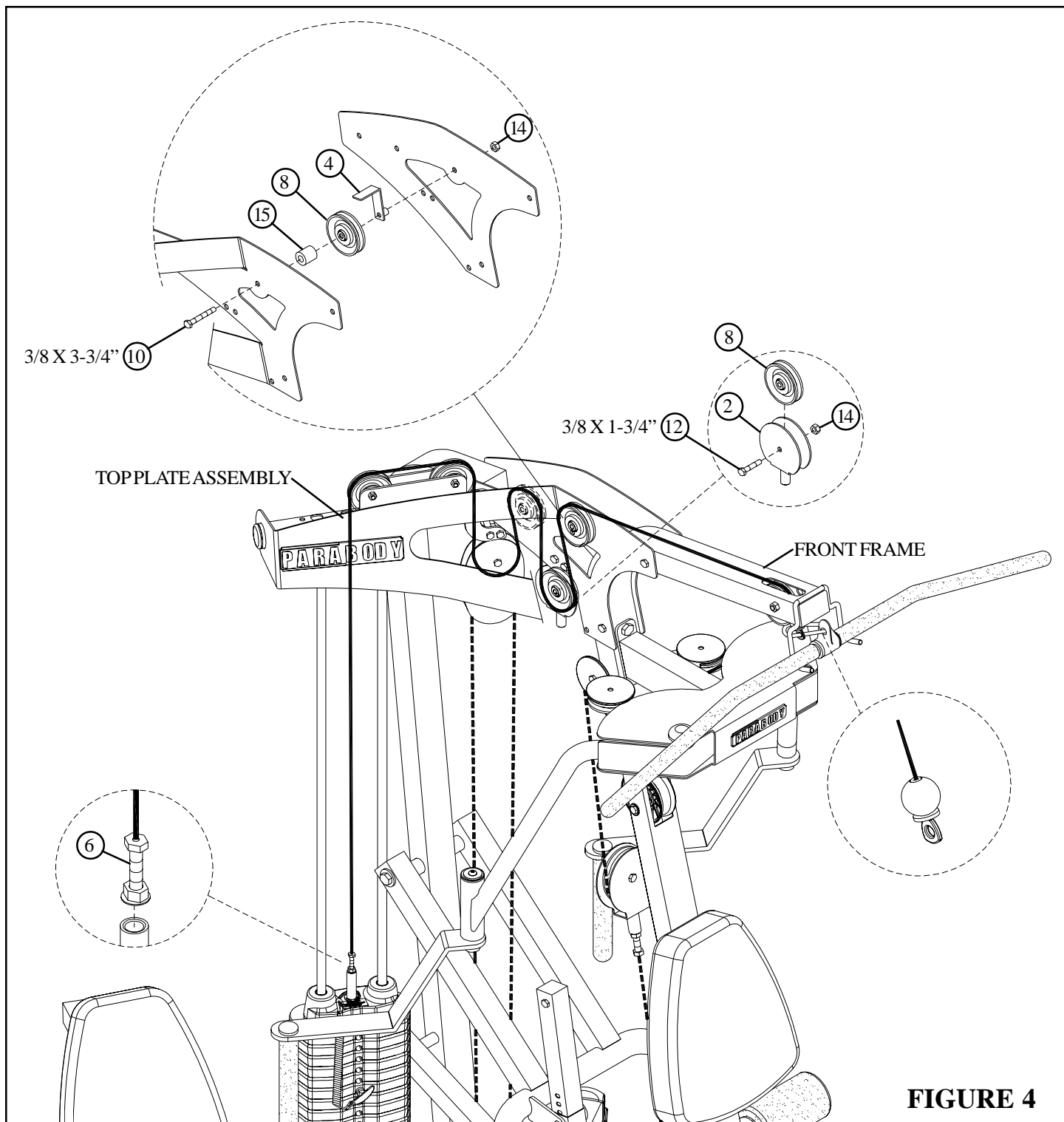


FIGURE 3

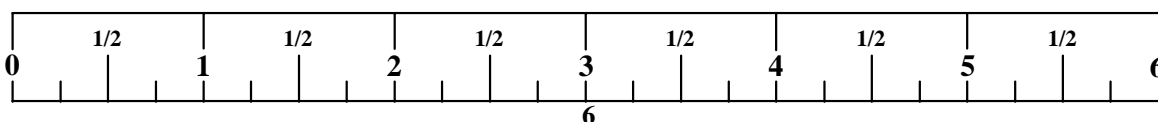
STEP 3:

- Remove and DISCARD the LAT CABLE as shown in FIGURE 3.



STEP 4:

- Screw the threaded end of the new LAT CABLE (6) into the end of the HEAD PLATE ASSEMBLY.
- **SECURELY** assemble one 3-1/2 PULLEY (8) to the FLOATING PULLEY BRACKET (2) using one 3/8 X 1-3/4" BOLT (12) and one 3/8" LOCK NUT (14) as shown in FIGURE 4.
- Route the LAT CABLE (6) around the the PULLEYS in the TOP PLATE ASSEMBLY. **SECURELY** assemble one 3-1/2" PULLEY (8) to the TOP PLATE ASSEMBLY using one 3/8 X 3-3/4" BOLT (10), one PULLEY GUARD (4), one 5/16 X 15/16" SPACER (15) and one 3/8" LOCK NUT (14) as shown in FIGURE 4. Finish routing the LAT CABLE through the FRONT FRAME.



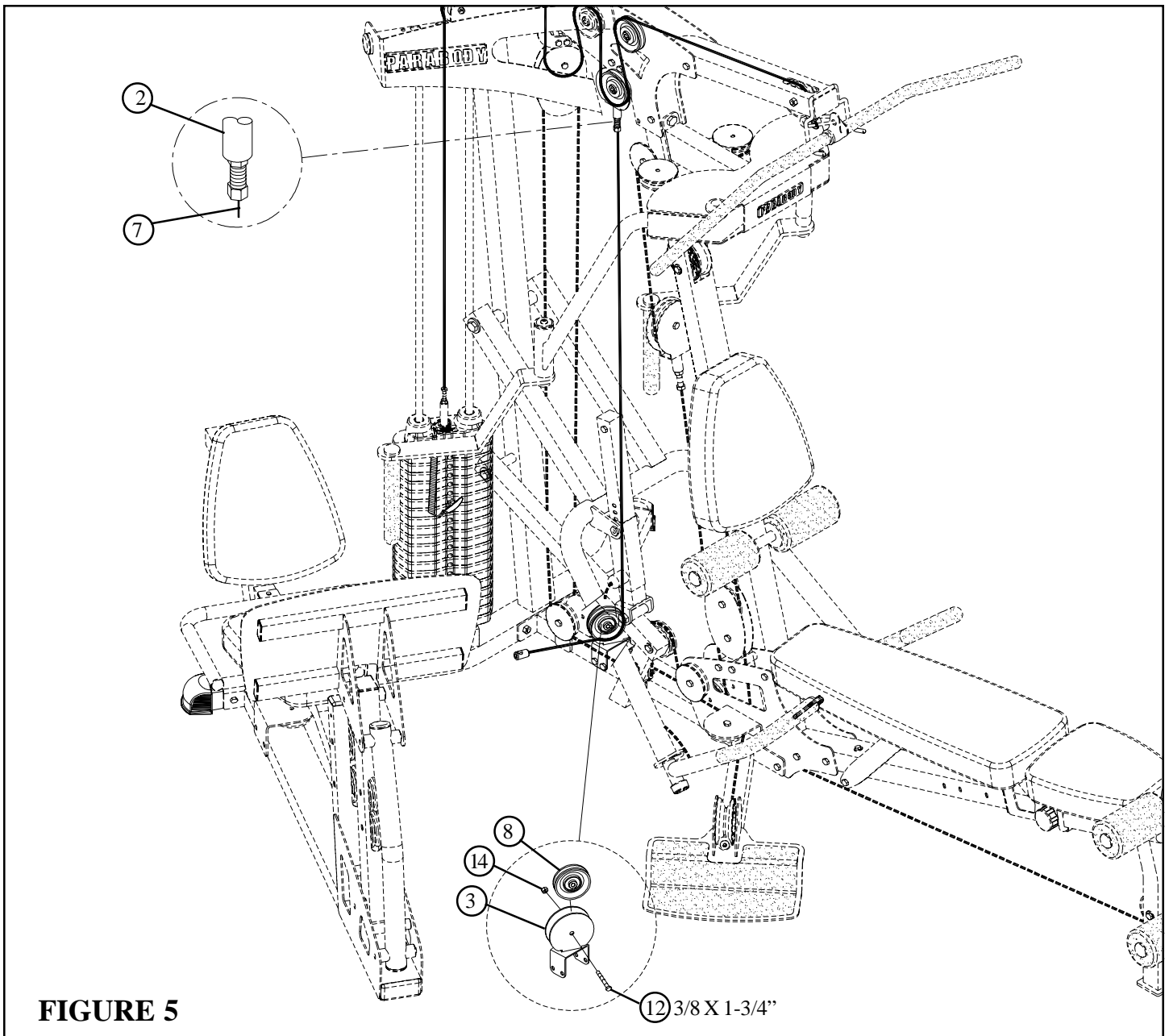
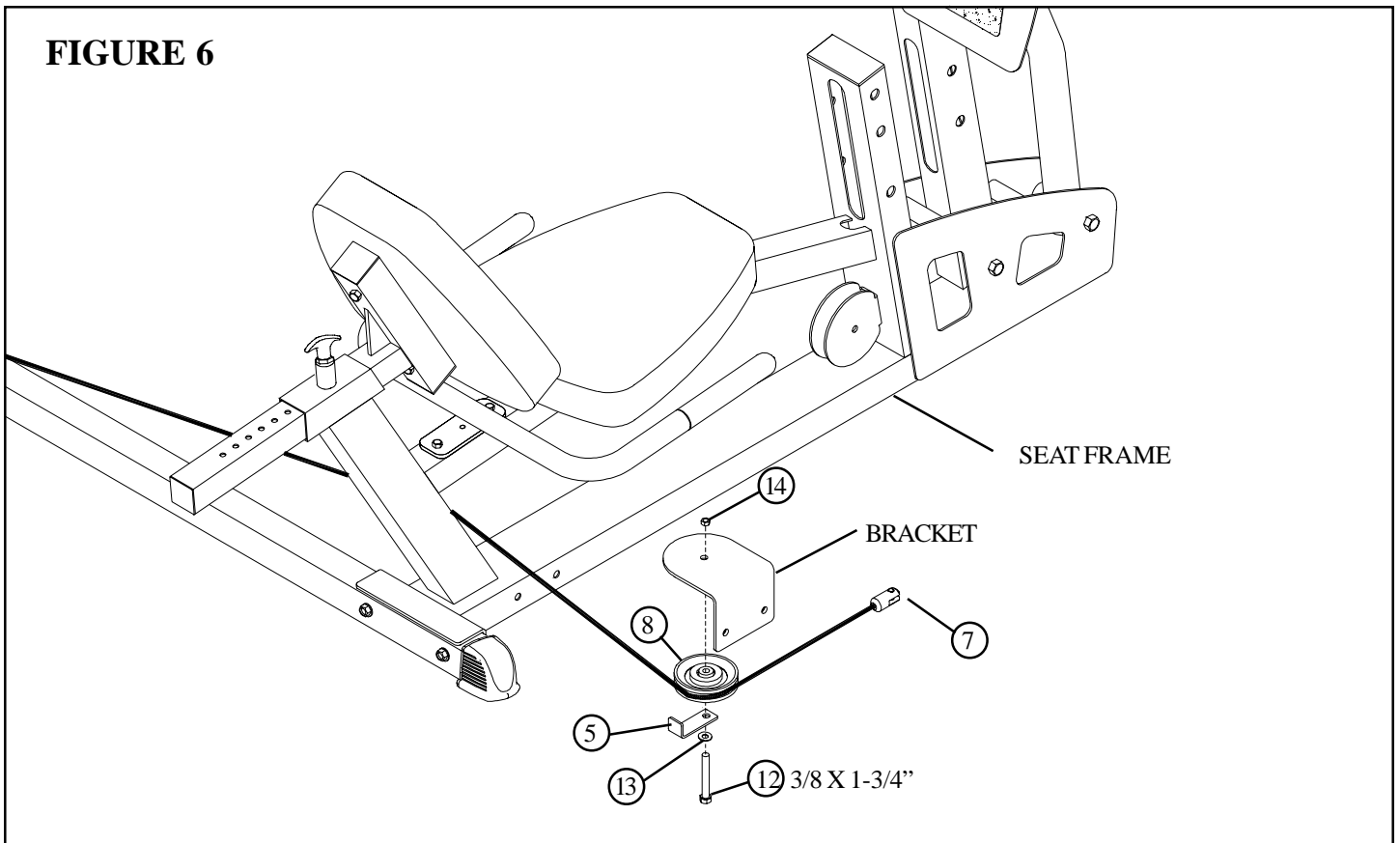


FIGURE 5

STEP 5:

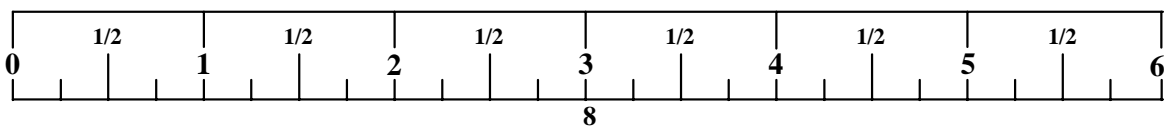
- Screw the threaded end of the LEG PRESS CABLE (7) into the end of the FLOATING PULLEY BRACKET (2) as shown in FIGURE 5.
- Assemble one 3-1/2 PULLEY (8) to the PULLEY HOUSING (3) using one 3/8 X 1-3/4" BOLT (12) and one 3/8" LOCK NUT (14) as shown in FIGURE 5. (NOTE: LEG CABLE MUST BE PLACED IN PULLEY HOUSING BEFORE INSTALLING PULLEY)

FIGURE 6



STEP 6:

- Carefully route the LEG PRESS CABLE (7) around one 3-1/2" PULLEY (8) and **SECURELY** assemble the 3-1/2" PULLEY (8) to the BRACKET (from the LP5 LEG PRESS) using one 3/8 X 1-3/4" BOLT (12), one 3/8" WASHER (13), one CABLE RETAINER (5) and one 3/8" LOCK NUT (14) as shown in FIGURE 5. Make sure the CABLE is in the grooves of all the pulleys.



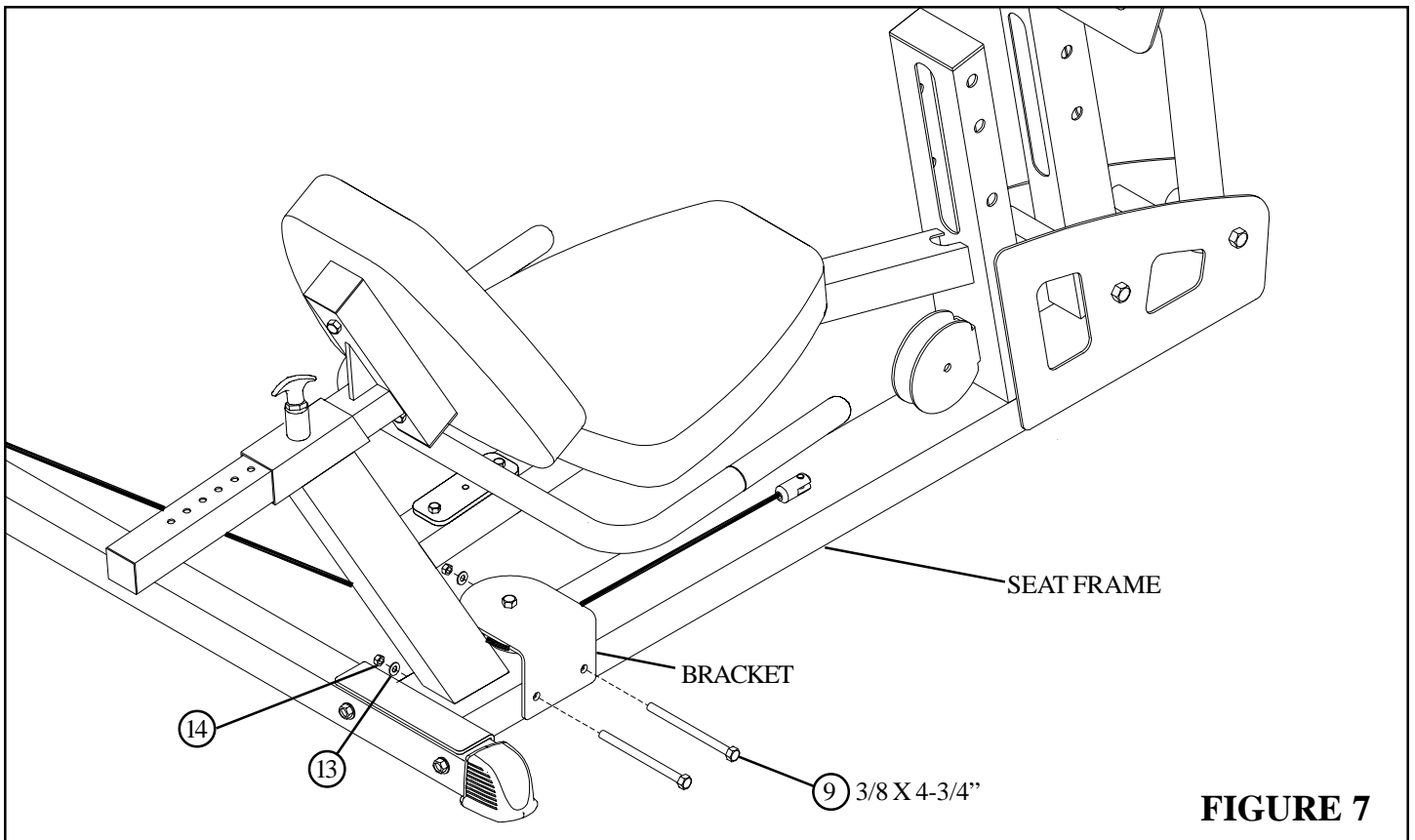


FIGURE 7

STEP 7:

- **SECURELY** attach the BRACKET (from LP5 LEG PRESS) to the SEAT FRAME using two 3/8" X 4-3/4" BOLTS (9), two 3/8" WASHERS (13), and two 3/8" LOCK NUTS (14). See FIGURE 7.

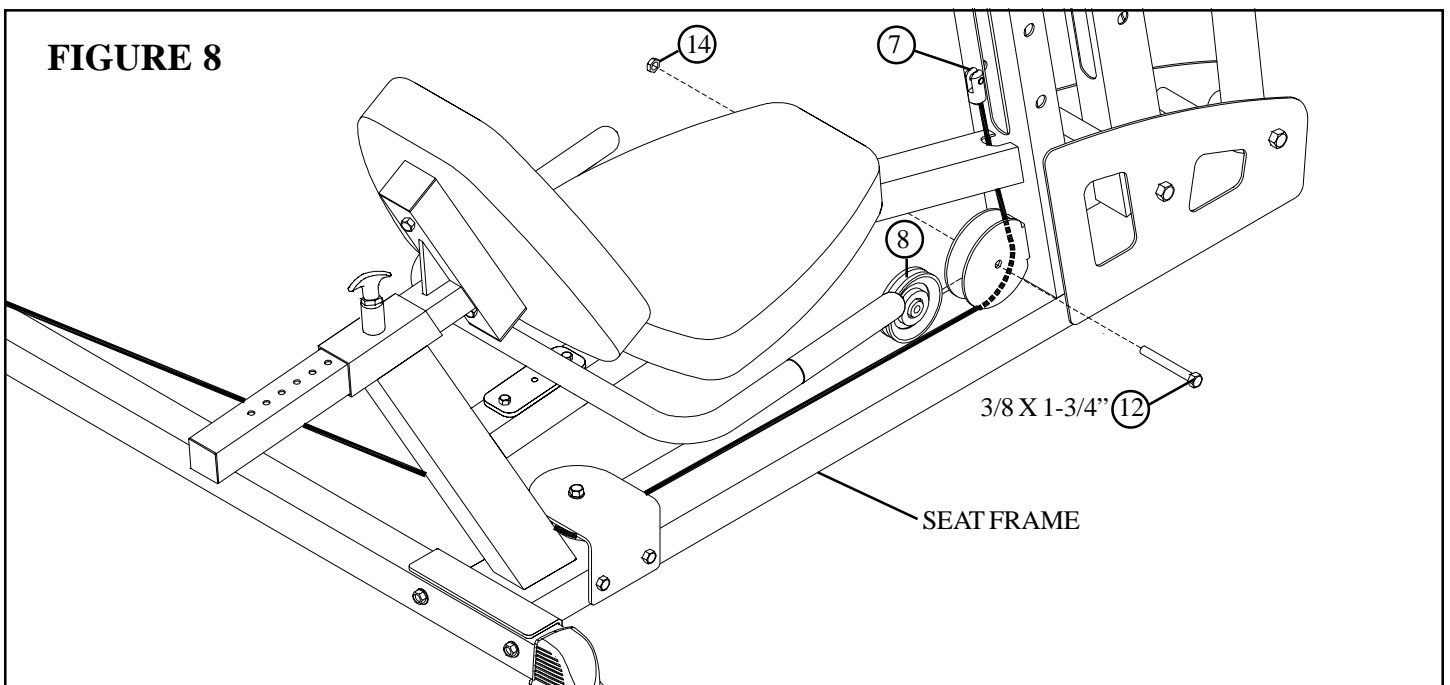
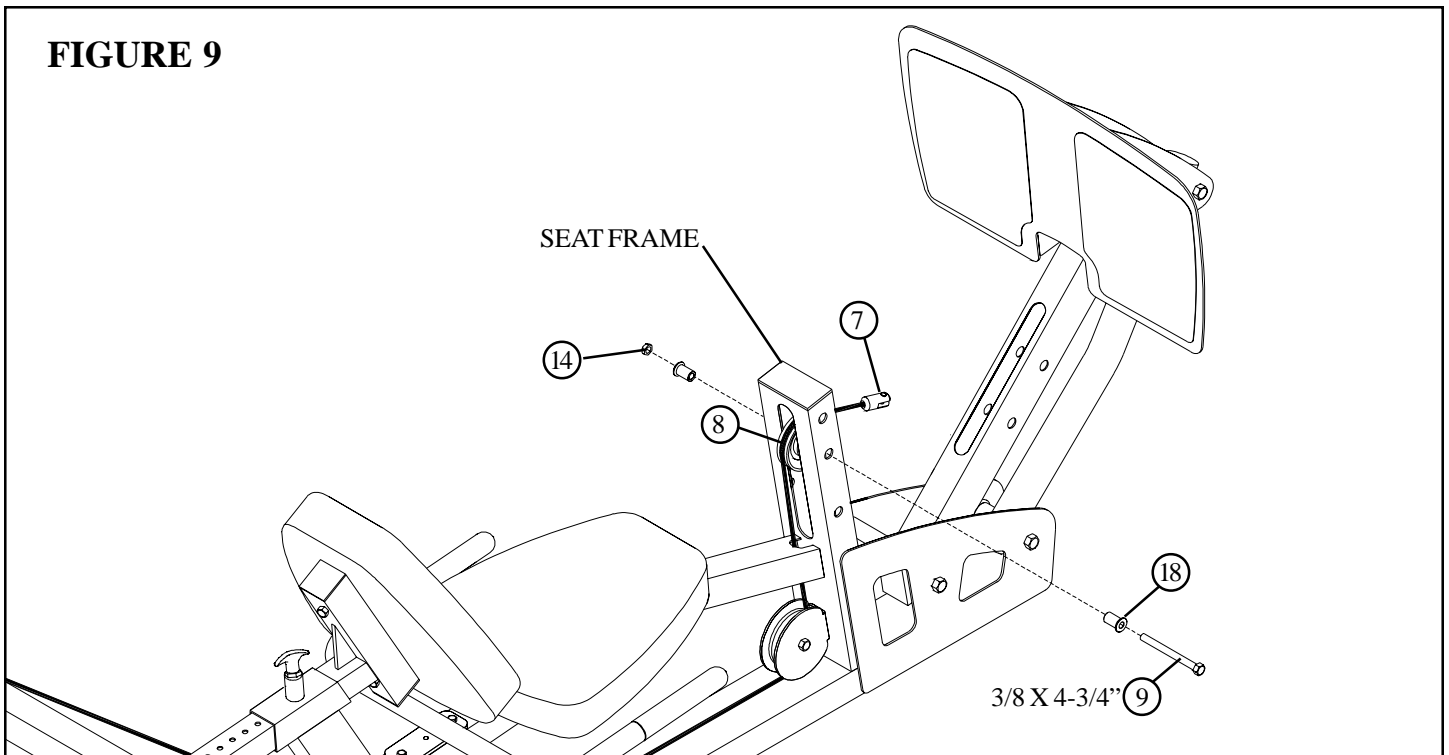


FIGURE 8

STEP 8:

- Carefully route the LEG PRESS CABLE (7) around one 3-1/2" PULLEY (8) and **SECURELY** assemble the 3-1/2" PULLEY (5) to the bracket on the SEAT FRAME using one 3/8 X 1-3/4" BOLT (12) and one 3/8" LOCK NUT (14) as shown in FIGURE 8 . Make sure the CABLE is in the grooves of all the pulleys.

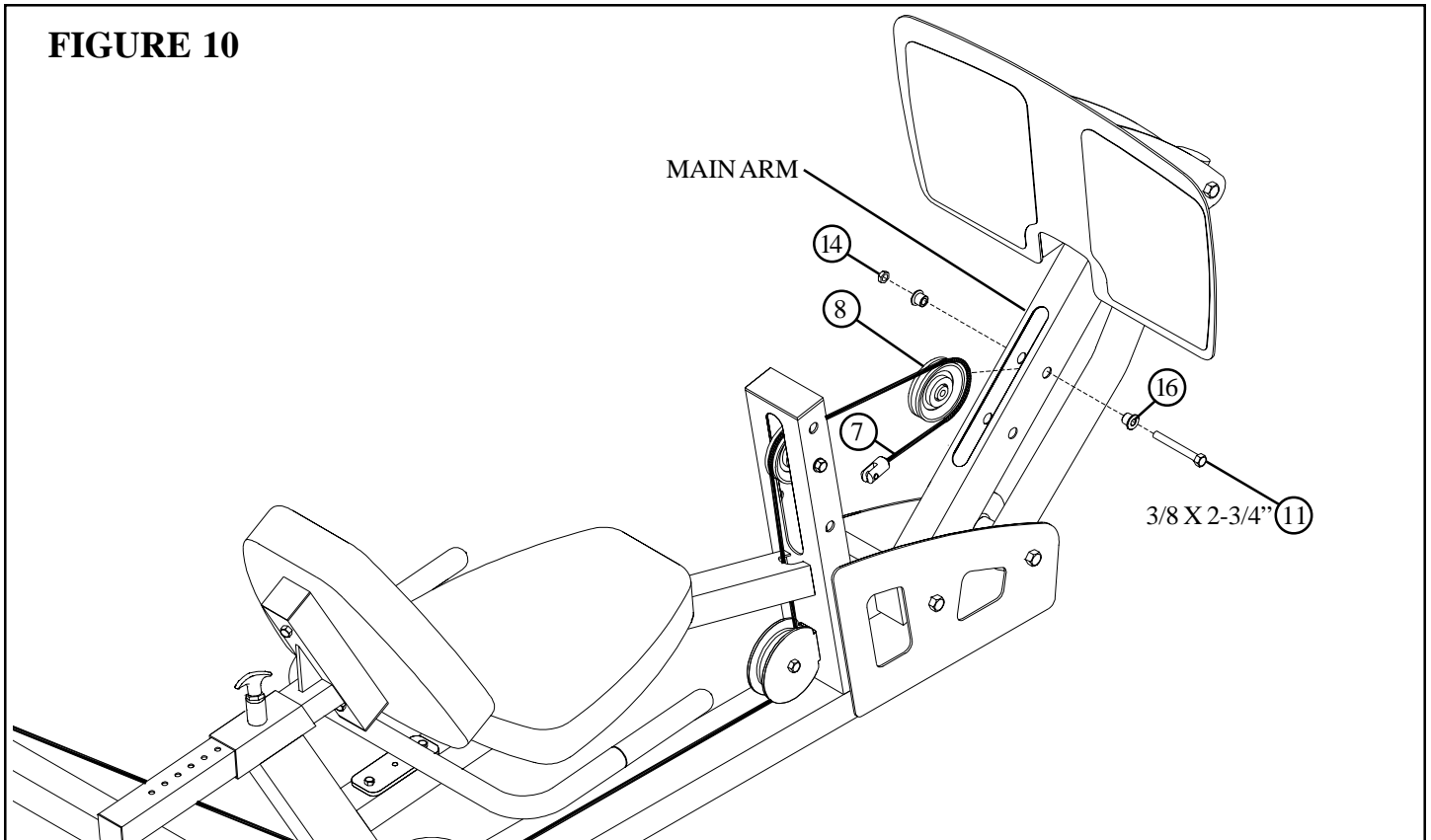
FIGURE 9



STEP 9:

- Carefully route the LEG PRESS CABLE (7) around one 3-1/2" PULLEY (8) and **SECURELY** assemble the 3-1/2" PULLEY (8) to the SEAT FRAME using one 3/8 X 4-3/4" BOLT (9), two 1-19/32" STEP SPACERS (18) and one 3/8" LOCK NUT (14) as shown in FIGURE 9. Make sure the CABLE is in the grooves of all the pulleys.

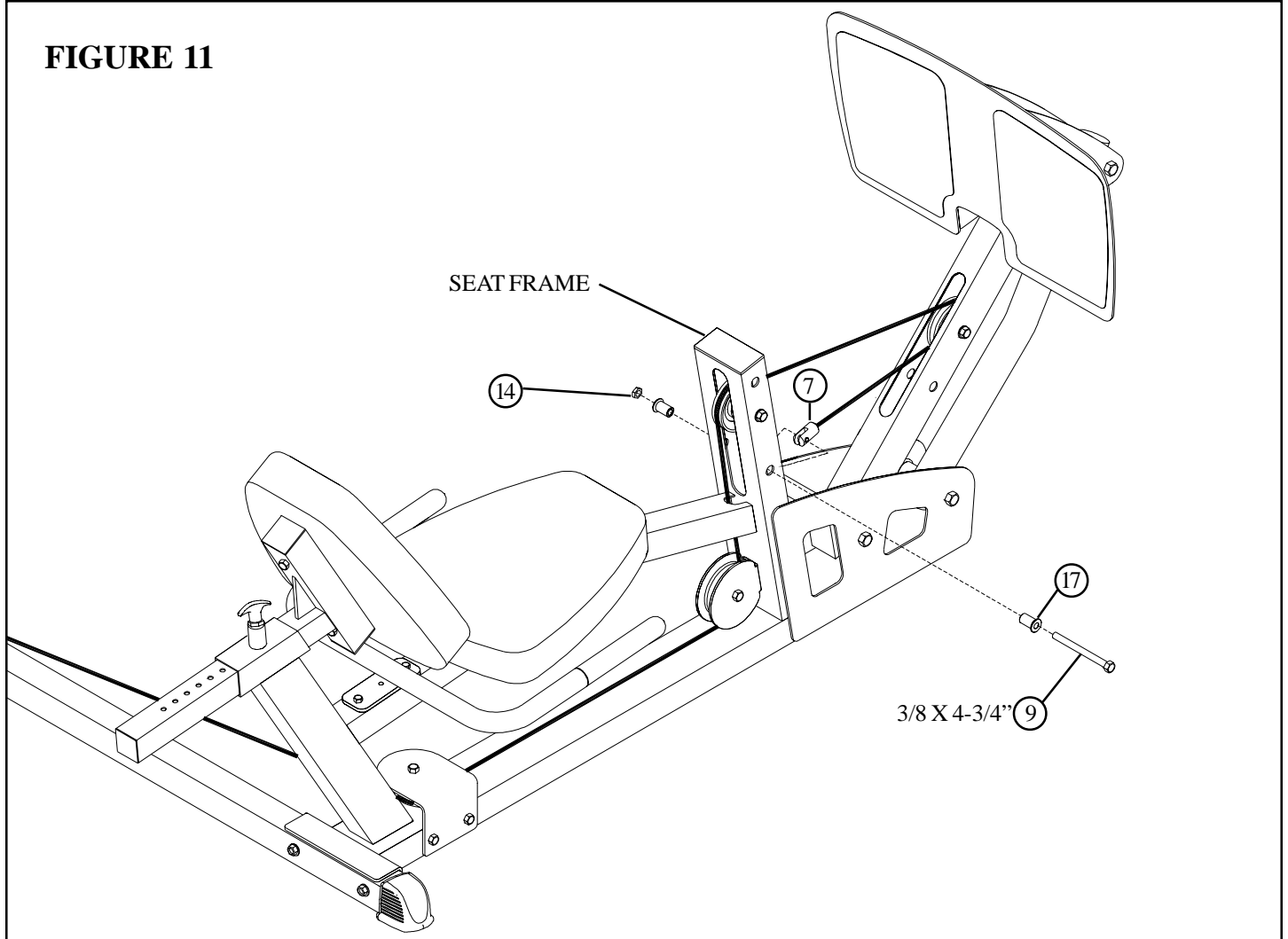
FIGURE 10



STEP 10:

- Carefully route the LEG PRESS CABLE (7) around one 3-1/2" PULLEY (8) and **SECURELY** assemble the 3-1/2" PULLEY (8) to the MAIN ARM using one 3/8 X 2-3/4" BOLT (11), two 19/32" STEP SPACERS (16) and one 3/8" LOCK NUT (14) as shown in FIGURE 10. Make sure the CABLE is in the grooves of all the pulleys.

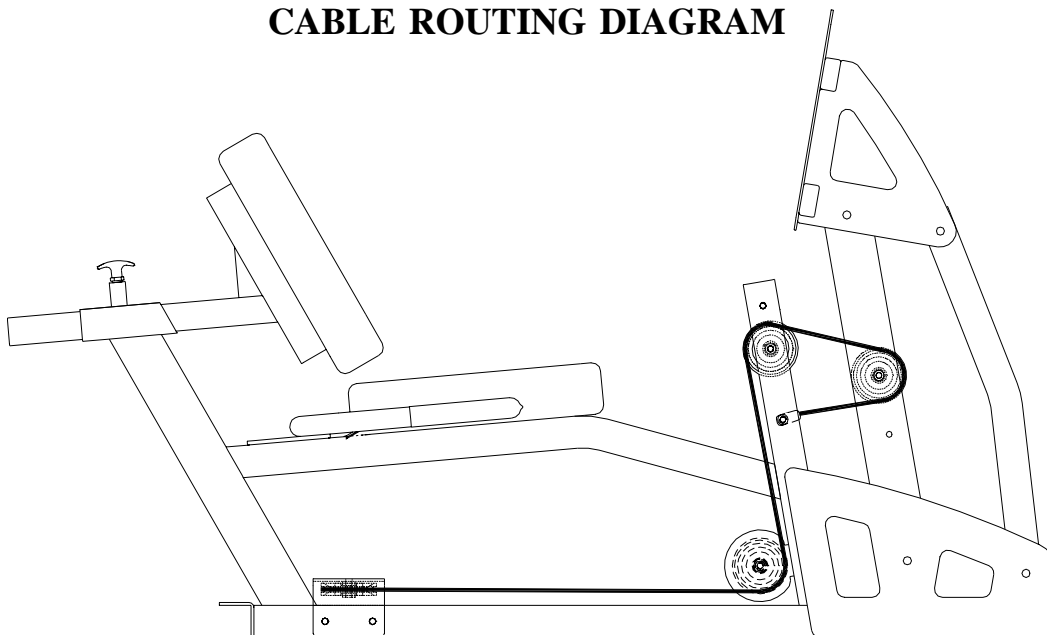
FIGURE 11



STEP 11:

- **SECURELY** assemble the swivel end of the LEG PRESS CABLE (7) to the SEAT FRAME using one 3/8 X 4-3/4" BOLT (9), two 1-11/16" STEP SPACERS (17) and one 3/8" LOCK NUT (14). (**NOTE: SECURELY** tighten, then back nut off 1/4 turn)

CABLE ROUTING DIAGRAM



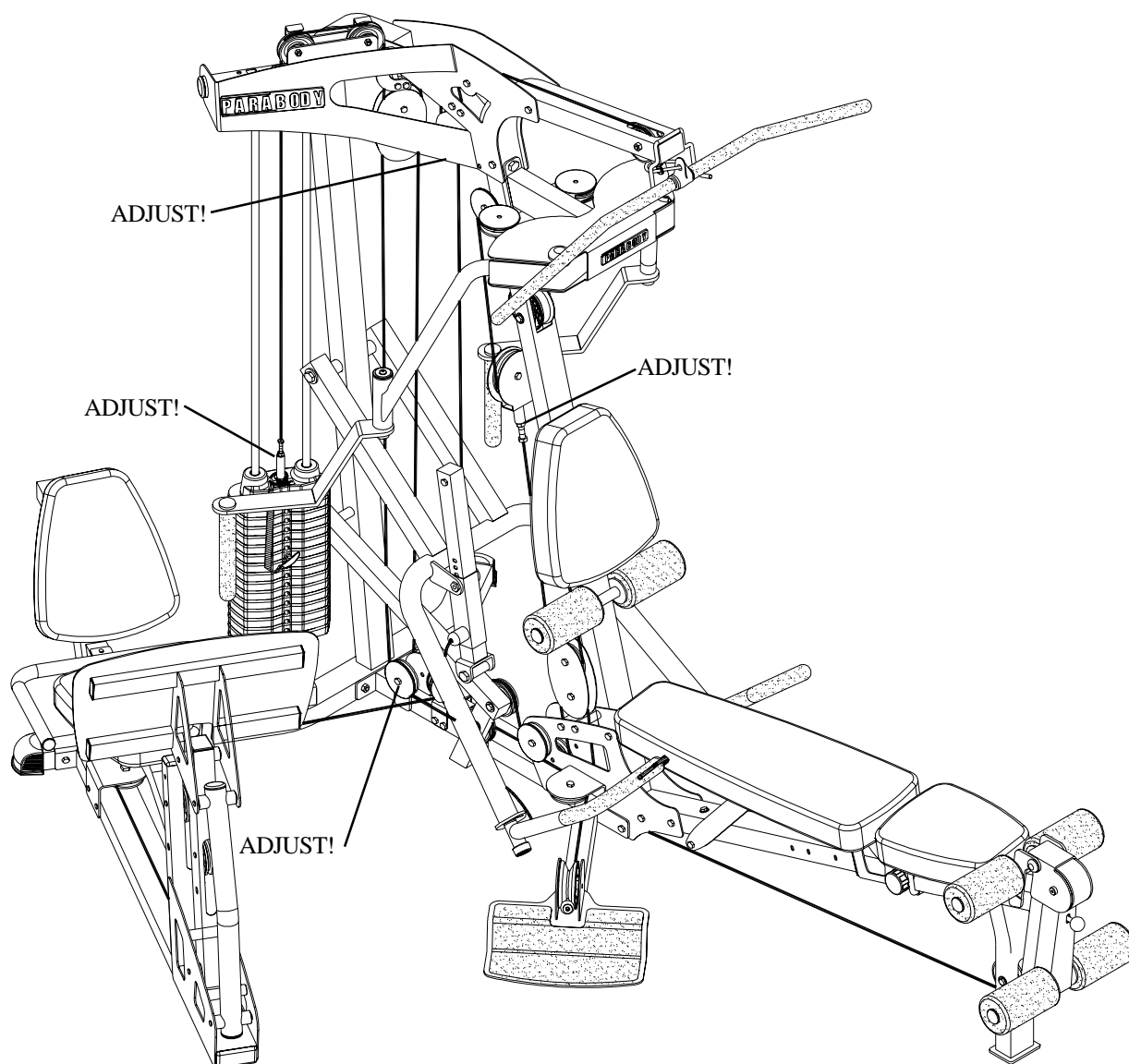


FIGURE 12

STEP 12:

- To set the correct amount of tension in the cables, push the HEAD PLATE down, insert the WEIGHT SELECTOR PIN and perform several repetitions at the leg press station. This will relax the cable system and prevent the HEAD PLATE from lifting up.
- If further CABLE ADJUSTMENT is needed, reference the GS6 GYM SYSTEM assembly instructions.

THIS CONCLUDES THE ASSEMBLY OF THE GS6-LP5A-101 LEG PRESS ADAPTER KIT